

# “Garlic & Herb Lamb chops with Barbeque Sauce”

## INGREDIENTS

Total Cook Time: 1 H      2 Servings

- 1 kg OBC Lamb chops, (cut ¾" thick, 4 pieces)
- Salt, for seasoning
- Black pepper, for seasoning
- 1 tablespoon minced garlic
- 2 teaspoons chopped rosemary
- 2 teaspoons chopped thyme
- ½ teaspoon chopped parsley
- ¼ cup extra-virgin olive oil, divided

## DIRECTIONS

1. Season both sides of the OBC Lamb chop generously with salt and pepper.
2. Combine garlic, rosemary, thyme, parsley, and 2 tablespoons olive oil in a small bowl. Rub the paste on both sides of the lamb chops and let them marinate for at least 30 minutes at room temperature.
3. Heat a large frying pan over medium-high heat. Add 2 tablespoons olive oil, once hot add in the lamb chops.
4. Sear until the surface is browned, about 2 to 3 minutes.
5. Flip and cook until meat is cooked, for medium about 3 to 4 minutes.
6. Rest the Lamb chops for 10 minutes before serving, drizzel with Barbeque sauce and serve with OBC Rice, or OBC Maize meal.



**OBC**<sup>TM</sup>